


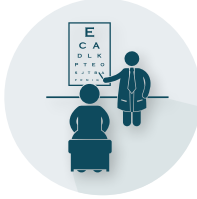




# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.**  
**Stay safe with these tips!**

 <p><b>1</b> <b>Find a good balance and exercise program</b></p> <p>Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p><b>2</b> <b>Talk to your health care provider</b></p> <p>Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p><b>3</b> <b>Regularly review your medications with your doctor or pharmacist</b></p> <p>Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p><b>4</b> <b>Get your vision and hearing checked annually and update your eyeglasses</b></p> <p>Your eyes and ears are key to keeping you on your feet.</p>
 <p><b>5</b> <b>Keep your home safe</b></p> <p>Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p><b>6</b> <b>Talk to your family members</b></p> <p>Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).